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Goddard Space Flight Center

NO.	04-01
DATE	10/15/03
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ANNOUNCEMENT

SUBJECT: Influenza Vaccinations

Beginning October 27, 2003, the Health Unit will offer influenza immunizations to NASA civil servants every Tuesday, Wednesday, and Thursday (except holidays) from 1 p.m. to 3 p.m. until current supplies are exhausted. **No allergy injections will be given during these hours.** The flu is a virus that may change from year to year. Therefore, a vaccination is recommended every year. Per the Center for Disease Control (CDC) Guidelines, individuals that are considered high-risk are first priority to receive the vaccine.

You are considered high risk if you.....

- are over 65 years of age
- have chronic lung disease
- have heart disease
- have diabetes or other metabolic disorder
- have anemia
- have illnesses or treatments that weaken the immune system (long-term treatment with drugs such as steroids; cancer treatment with x-rays or drugs; HIV/AIDS or other diseases that affect the immune system)
- are pregnant and your doctor advises vaccination
- are taking care of a high-risk person

There have been some reports of fever, restlessness, muscle soreness, and some allergic reactions to the flu shot. However, serious reactions are very rare and you cannot get the flu from the vaccine.

For more information refer to <http://www.cdc.gov> or call the Health Unit at 6-6666.

Teresa Spagnuolo
Teresa R. Spagnuolo, Chief
Safety and Environmental Division

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